



DROP AND GIVE ME 3,214: Over 200,000 Aussies get down and push-up for better mental health

MEDIA RELEASE: 4 JUNE 2025: The adrenaline is pumping, the sweat is flying and the muscles are contracting with over 200,000 Australians each completing 3,214 push-ups over 23 days this June as part of [The Push-Up Challenge](https://thepushupchallenge.com.au).

Now in its ninth year, the Challenge brings together Aussies of all ages, abilities and walks of life to get fit, have fun and do something positive for their mental health.

Individuals, workplaces, schools and clubs around the country are taking on the 3,214 push-ups, which are representative of the 3,214 lives lost to suicide in Australia in 2023.

Founder of The Push-Up Challenge, **Nick Hudson**, said Australia's commitment to learning about, and supporting mental health, never failed to defy expectations:

"Taking on The Push-Up Challenge is no easy feat. But year after year, Australia shows up for us. The Challenge is about so much more than getting mentally and physically fit: our participants are sparking thousands of conversations about mental health every single day, helping us improve Australia's mental health literacy while also breaking down the stigma attached to mental illness. We're letting people who are struggling know that they can reach out and receive the support they need without judgement."

Each day, participants complete their push-ups while learning about mental health, with the number of push-ups changing day to day to reflect a vital mental health fact. And if completing 3,214 push-ups feels out of reach, participants can set their own push-up goal, or choose exercise alternatives such as sit-ups, squats or tailored exercises, with progress tracked through a dedicated app.

The event is free to take part, with many participants choosing to raise funds for mental health charities Lifeline, headspace and the Push for Better Foundation.

"If you're on the fence about taking on the Challenge this year, registrations are still open so now is your chance!" said Hudson. *"You can also play a part by supporting a participant, or donating to Lifeline, headspace or Push for Better Foundation."*

This year's participants include celebrity chefs **Luke Hines** and **Matt Golinski**, Dessert Masters' **Dan Pasquali**, NITV host, podcast host and proud First Nations man **Matty Mills**, Bachelorette star **Jarrold Woodgate**, Australian Kelpie **Liam Forcadilla** and his fiancé Home and Away star **Lukas Radovich**, much-loved musical theatre personality **Rob Mills**, triathlete and disability advocate **James Parr**, Matilda's **Charli Grant**, podcast host **Ash Wicks**, radio hosts **Loren Barry** and **Nic Kelly**, Olympian **Georgie Parker**, broadcaster **Tayla Little** and TikTokers **Marmalade**.

To learn more about The Push-Up Challenge and support this year's participants by making a donation, visit [www.thepushupchallenge.com.au](https://thepushupchallenge.com.au)

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IMAGES AND VISION of the best, most crazy and most skilled push-ups [HERE](#).

About The Push-Up Challenge

Founded by Nick Hudson in Perth, Australia in 2017, The Push-Up Challenge began as a challenge between four friends, and has grown to become Australia's largest mental health and fitness event. 2025 will mark The Push-Up Challenge's ninth year in Australia and second in Canada. The Challenge is a fun way for participants to connect with one another, get fit, and learn about mental health, with participants encouraged

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to raise money for mental health charities. The event is free to take part in and will run from 4 to 26 June 2025 in Australia. For more information and to register, visit www.thepushupchallenge.com.au.

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